

# 2014 Wellness Program

Month	Wellness Topic
January	“Waging War on Obesity in 2014” (Nutrition & Healthy Eating)
February	Healthy Heart
March	Bones, Joints & Arthritis
April	Fitness “Get Moving”
May	Asthma and Allergies
June	Diabetes Awareness
July	Preventive Care
August	Creating Healthy Habits
September	Cold/Flu & Immunizations, Health Fair
October	Women’s Health – Cancer Awareness
November	Men’s Health - Cancer Awareness
December	Mental Health Awareness